



*15 January - Hunting Lions in the Air -
Eshowe Lions Club*

*15 January - LZ Open CW Contest -
<http://www.lzopen.com>*

21 to 23 January, Port Elizabeth ARS National VHF/UHF Contest

22 January, Summer QRP Sprint

26 January, SARL 80 m Club Contest, SSB



The PEARS National VHF/UHF contest

The PEARS National VHF/UHF contest will take place on 21 to 23 January 2011. It is open to all licensed amateurs in South Africa and the neighbouring states of Namibia (V5), Botswana (A2), Zimbabwe (Z2), Mozambique (9), Lesotho (7P), and Swaziland (3DA). Only contacts with these states will count.

The aim of a VHF/UHF contest is to make many long-distance contacts, establish new records, encourage the improvement of equipment and have fun. This is a 44-hour dual contest for digital and analogue modes. Amateurs are requested to participate in both contests if possible and thus keep the bands alive. Activity will take place on 6, 4 and 2 metres as well as on 70 and 23 cm using FM, SSB and digital modes.

The first 22-hour session of the VHF/UHF contest starts at 18:00 CAT on Friday 21 January and closes at 16:00 CAT on Saturday 22 January. The second 22-hour leg starts at 16:01 CAT on Saturday 22 January and ends at 14:00 CAT on Sunday 23 January.

A valid contact consists of an exchange of call signs, signal reports and location such as the six-digit Maidenhead Locator or co-ordinates. Participation can be as a Base station, a Field station, a Club or Multi-Operator station or a Limited Category station. The complete rules can be found in the 2011 SARL Contest Manual and on the PEARS website at www.zs2pe.co.za/Contests/vuhf.htm.

SARL Summer QRP Contest

This QRP contest is intended to be a fun activity to promote QRP operation between radio amateurs in Southern Africa. Using homebuilt equipment or operating as a portable / field station and using temporary antennas is encouraged, but is not a requirement.

The contest will be run on Saturday 22 January from 12:00 to 15:00 UTC (14:00 to 17:00 CAT). Home or field stations are welcome to participate. Stations may use SSB or CW



or mixed (SSB/CW) with 5 watts (PEP) output or less. A station may be contacted once per mode.

The contest takes place on 40 metres using the following frequencies CW: 7 000 – 7 025 kHz and SSB: 7 060 – 7 100 kHz and 7 130 – 7 200 kHz.

The complete rules can be found in the 2011 Contest Manual or Blue Book.

A New Logging Program

Tor N4OGW announces the release of a new logging program, SO2SDR. "The general idea is to explore uses of software-defined radio or SDR technology for SO2R (Single-op, Two-radio) CW contesting." The program does not decode any CW and is freely available for download. Tor notes that it is still a work in progress, but does run on both Windows and Linux platforms and features an SDR panadapter integrated into the band map.

The features include Two-radio (SO2R) support. Headphone and radio switching via parallel port. Currently supports Elecraft K3 and K2. Currently supports soundcard based SDR interfaces (Softrock, etc). Requires 96 KHz stereo soundcard. CW generation via Winkey. Find out more by visiting <http://code.google.com/p/so2sdr/>

The New DXers Handbook (Free!)

Curt, K7CU, President of the Utah DX Association (UDXA), informs OPDX that a free small document (44 pages) is available online at <http://www.udxa.org>. You will see it listed along the left side of the page, in the box labelled "About UDXA." At the bottom of the list, you will see a link to the handbook (in PDF format). One of the UDXA members who recently completed his stint as Immediate Past President, Bryce Anderson, K7UA, and an accomplished DXer put the handbook together. [OPDX News]

DXCC News (PJ Certificates)

It has been reported that Kathy Allison, KA1RWY, LoTW Specialist, states, "At this time, there will be no new PJ certificates or credits being accepted for the new PJ DXCC entities by LoTW. This is due to the large backlog of DXCC applications that were received for the December 31, 2010 deadline. It is anticipated that the backlog should be completed by mid to late February. We should be accepting new PJ certificates and credits for LoTW by 1 March 2011.

We understand the anticipation for certificates and credits for the new PJ DXCC entities and are working hard to make this available as soon as possible."

SARL National Field Day

First, a correction - the contest committee received 21 logs for the November SARL National Field Day made up of three single operators, eleven multi-operators and seven general stations.

Here are the correct results for the Single Operator and General Station categories.

January 2011

- 1 New Years Day, Start of the 2011 CQ DX Marathon
- 1/2 ARRL RTTY Roundup
- 8/9 ARRL RTTY Roundup
- 9 DARC 10-Metre Contest
- 12 Inland Schools open
- 15 Satellite meeting at NARC; Hunting Lions in the Air; LZ Open CW Contest
- 19 Coastal Schools open
- 20 Closing date for applications for May 2011 RAE bursaries
- 21 to 23 Port Elizabeth Amateur Radio Society National VHF/UHF Contest
- 22 Summer QRP Sprint
- 22/23 BARTG RTTY Sprint
- 26 SARL 80 m Club Contest, SSB
- 29 PIC Course, Gauteng
- 28 to 30 CQ 160-Metre CW Contest; UBA DX SSB Contest
- 30 Closing date for motions for the 2011 SARL AGM; Closing date for phase 1 of the construction competition

**Single operator**

1st Johan de Witt, ZR5JF, 17 520 points
 2nd Geoffrey Lotz, ZR6XZ, 11 700 points
 3rd Eddie Leighton, ZS6BNE, 6 075 points

General

1st Philip Esterhuizen, ZS4PJ, 62 010 points
 2nd Pierre van Deventer, ZS6BB, 50 112 points
 3rd Anton de Beer, ZR6ATN, 22 752 points
 4th Derek Stuart, ZS2J, 4 752 points
 5th Paul Odendaal, ZS6CPO, 3 768 points
 6th Dennis Green, ZS4BS, 3 006 points
 7th Servamus/CPF/Emcon Radio Wing, ZS5POL, 513 points

Combined results of the February and November legs of the Field Day

Single Operator Field Station - S		Feb 2010	Nov 2010	Score
1 st	Jan Botha, ZS4JAN	96 120	0	96 120
2 nd	Johan de Witt, ZR5JF	0	17 520	17 520
3 rd	Christo Kriek, ZR6LJK	13 995	0	13 995
4 th	Geoffrey Lotz, ZR6XZ	0	11 700	11 700
4 th	Bryan King, ZS2SS	8 400	0	8 400
5 th	Eddie Leighton, ZS6BNE	0	6 075	6 075

Multi-operator Field Station - M

1 st	West Rand ARC, ZS6WR	54 820	72 180	127 000
2 nd	Sandton ARC, ZS6STN	32 640	65 900	98 540
3 rd	Sasolburg ARC, ZS4SRK	0	71 060	71 060
4 th	Hibiscus Coast ARC, ZS5HAC	34 500	32 120	66 620
5 th	Northern Cape ARC, ZS3NC	0	63 990	63 990
6 th	Secunda ARC, ZS6SRC	21 780	32 760	54 540
7 th	Pretoria ARC, ZS6PTA	51 450	0	51 450
8 th	Cape Town ARC, ZS1CT	0	42 980	42 980
9 th	KZN Radio Activity Group, ZS5KZN	24 800	15 210	40 010
10 th	Magalies ARC ZS6MRK	0	36 780	36 780
11 th	Zululand ARC ZS5ZLB	0	33 240	33 240
12 th	Port Elizabeth ARS ZS2PE	0	31 500	31 500
13 th	Vrystaat ARC, ZS4B	28 695	0	28 695
14 th	Centurion ARC, ZS6CEN	7 920	0	7 920
15 th	Kempton ARTS, ZS6KTS	3 7650	0	3 765

General Station - G

1 st	Philip Esterhuizen, ZS4PJ	40 812	62 010	102 822
2 nd	Pierre van Deventer, ZS6BB	4 752	50 112	54 864
3 rd	Anton de Beer, ZR6ATN	0	22 752	22 752
4 th	Johan Esterhuizen, ZS4PP	18 630	0	18 630
5 th	Derek Stuart, ZS2J	7 641	4 752	12 393
6 th	World Cup Soccer, ZS10WCS	11 016	0	11 016
7 th	Paul Odendaal, ZS6PCO	0	3 768	3 768
8 th	Dennis, Green, ZS4BS	0	3 006	3 006
9 th	Servamus/CPF/Emcon Radio Wing, ZS5POL	0	513	513

The first leg of the 2011 SARL National Field Day will take place over the weekend of 12 and 13 February 2011.



African DX

Tanzania, 5H. Maurizio, IK2GZU, will be active from Illembula, Tanzania (call sign TBA) from 2 February to 8 March, while doing volunteer work for the local mission. He will operate CW, SSB and RTTY using the mission's 3-element Tribander fixed to Europe, plus verticals or dipoles "for the other bands" (160 and 80 m are unlikely). QSL via IK2GZU (bureau preferred) and LoTW. Log search and an on-line QSL request form will be available at www.buffoli-pm.it/

Hidan O. Ricco, 5Z3HO, the Deputy Secretary and IARU Liaison officer for the Tanzania Amateur Radio Club, TARC, says that any radio amateur visiting Tanzania can contact TARC for assistance at telephone +255 715 019288 or e-mail z5h3h0@yahoo.com

Angola, D2. Laci, OM5AM, will be active as D2AM from Luanda, Angola until 17 March. So far, he has been active on 20 metres RTTY and SSB. QSL via home call, direct or bureau.

Cameroon, TJ. Frank, F4AJQ, Seb, F5UFX, and a large team of operators from the Radio Club de Provins (F6KOP) will be active from Kribi, Cameroon from 10 - 20 February. Requested call is TJ3C. They plan to operate SSB, CW, RTTY and PSK on 160 - 10 metres, with six stations active around the clock and a focus on 160 - 30 metres and the digital modes. QSL via F5OGL. A dedicated website is under construction

Lesotho, 7P. Frosty, K5LBU - 7P8CF, and Wayne, W5KDJ - 7P8KDJ, will be active from the "Trading Post Lodge" in Roma between 11 and 20 March. Activity will be on 160 - 10 metres using CW, SSB, RTTY and PSK. They plan to have 2 full time stations on the air for the entire period using a Tennadyne T6 at about 40 feet, a R7 vertical along with a Tennadyne TD-160 which is a folded Dipole that is 126 feet overall in length. QSL 7P8CF via K5LBU, direct or LoTW. QSL 7P8KDJ via W5KDJ, only direct with SASE, LoTW and eQSL (No Bureau cards please). Visit their Web page at <http://www.tdxs.net/lesotho2011.html>. A log search Web page will be available after their return.

African Islands on the Air

Marion Island, ZS8 (Update). Pierre, ZS1HF/ZS8M, is reportedly active from the new base on Marion Island, AF-021. One reports that he is using the emergency antenna there to avoid the heavy QRN problems, and he sounded somewhat weaker than on the Stepper IR vertical. QSNs show this past week that Pierre has been on 40, 20, 17 and 15 metres.

Mauritius, 3B8. Josep, EA3BT and Nuria, EA3WL will be active as 3B8/EA3BT and 3B8/EA3WL from Mauritius Island, AF-049, on 23 - 29 January. They will operate SSB and digital modes, plus some CW, on 40 - 10 metres. QSL via EA3BT. A web page including log search is under construction at <http://ea3bt.ure.es>.

Morocco, 5C/CN - IOTA/WFF Op. Italian operators Leopoldo, I8LWL - 5C2L, Alfredo, IK7JWX - 5C2J, Ruggero, IK2PZC - 5C2P, Simon, IZ7ATN - 5C2SG, and Toufelaz, CN8QY, will be active as CN2LWL from Herne Island, AF-068, located in the large bay of Dakhla, between 1 and 5 February. QSL Manager for CN2LWL is I8LWL. The team "may" also activate the WFF Natural Park of Dakhla (Ref No CNFF-007) using the call sign 5C2J, 5C2L and 5C2P. QSL via their home call signs. For updates and an online log search after their DXpedition, visit the Web page at <http://www.i8lwl.it>

Mayotte, TO2. Brazilian operators Jose/PT9ZE, Ric/PY2PT, Anderson/PY2TNT, Alex/PY2WAS and Fernando/PY4BZ depart from Brazil on 15 April and head to Paris and then onwards to Mayotte, IOTA AF-027, on 17 April. The group will use the special call sign



TO2FH between 18 and 25 April. Their plans are to have three stations active simultaneously on 160 - 10 metres using CW and SSB. More details and the QSL route is forthcoming.

Reunion, FR. Look for Frederic, ex-F5INL, as FR8NE from Reunion, AF-016, using mostly CW on 20, 17, 15, 12 and 10 m until July 2012. QSL direct to Frederic Bossu, 2 Chemin des Grenadiers, 97490 Sainte Clotilde, Reunion, or via bureau.

Madagascar, 5R. Look for 5R8HL on Madagascar, AF-013, and on Nosy Be Island, AF-057, activated by Andy, SM1IRS, Al, SM4HAK, and Eric, SM1ALH, between 17 January and 4 February. They will be on 80 to 10 m using CW and SSB. QSL via SM1ALH, direct or via bureau.

Madagascar, 5R. Paolo, IK2QPR, will also visit Nosy Be Island from 17 to 25 January as 5R8PR operating holiday style on 40 to 10 m using CW, SSB and RTTY. QSL via home call, direct, via bureau or by LoTW.

Zanzibar Island, 5H. Sam, F6AML, will be again be active from Jambiani (S 6°20' E 39°33'11" KI93sq), Zanzibar Island, AF-032, with the call sign 5H1Z from 12 to 24 January using CW and SSB. He will be active around 80 m - 3 525 3 755; 40 m - 7 025 7 055; 30 m - 10 120; 20 m - 14 005 14 260; 17 m - 18 085 18 128; 15 m - 21 005 21 260; 12 m - 24 905 24 935 and 10 m - 28 005 28 460 using a Yaesu FT-857D with a HF6V and dipole antennas. QSL via home call F6AML, OK via bureau or direct (www.qrz.com) with 1 IRC or 2\$. No cluster, no internet connection. f6aml@yahoo.fr

Special Event Stations

Sweden, SI9. Special event station SI9AM from the King Chulalongkorn Memorial in Rangunda, Sweden, the largest Thai Pavilion in the world outside Thailand, will be active between 26 and 31 January. Operators will be Raf, ON5RZ, Dirk, ON7DS and Fons, ON4AWT. The trio plan to be an entry in the UBA DX Contest (29 and 30 January). Activity will be on 160 - 10 metres using CW, SSB and FM. Suggested frequencies are CW - 1 817, 3 517, 7 017, 10 117, 14 017, 18 077, 21 017, 24 897 and 28 017 kHz; SSB - 1 840, 3 760, 7 060, 14 210, 18 160, 21 310, 24 960 and 28 510 kHz and FM - 145,550 MHz and repeater RV49 - 145,612. QSL via SM3CVM, direct or by the Bureau. For more information, visit the SI9AM Web page at <http://www.si9am.se>

San Marino, T70. For its first year, "DxCoffee.com" is organizing a full weekend of radio and friendship in the San Marino Republic between 11 and 13 February. You can visit an amazing country, meet other radio amateurs from around the world and operate the special event station

T70DXC. The special event station will be on the air between 1 and 13 February. Activity will be on the HF bands and 6 metres. QSL Manager for T70DXC is Pasquale La Gamba, IZ8IYX. QSL is available by the Bureau, LoTW or direct at Pasquale La Gamba, Via Affaccio 68, Vibo Valentia, 89900, Italy. For the complete details on "DxCoffee's 1st Birthday Party" and operating from T70DXC, visit <http://www.dxcoffee.com/happybirthday>

Contest Calendar

This week's contests compiled by Bruce Horn, WA7BNM. The period covered is 10 to 17 January 2011.

AWA Linc Cundall Memorial CW Contest
23:00 UTC 12 January to 23:00 UTC 13 January and 23:00 UTC 15 January to 23:00 UTC 16 January

Mode: CW
Bands: 160, 80 and 40 m
Classes: (none)



Exchange: RST, Equipment Year and Input Power (see rules for format)
QSO Points: (see rules)
Multipliers: (see rules)
Score Calculation: Total score = total QSO points
Submit logs by: 1 March 2011
E-mail logs to:
mjmurphy45[at]comcast[dot]net
Mail logs to: Mike Murphy, 38 North Reading St., Manchester, NH 03104, USA
Find rules at
http://www.antiquewireless.org/pdf/AWA_2011_Linc_Schedule_Rev2.pdf

QRP Fox Hunt
02:00 - 03:30 UTC 14 January
Mode: CW
Bands: 40 m Only
Classes: Single Op – Fox or Hound
Max power: 5 watts
Exchange: RST, state, province or country, name and power output
QSO Points: 1 point per QSO
Multipliers: (none)
Score Calculation: Total score = total QSO points
Submit logs by: 03:30 UTC 15 January 2011
E-mail logs to: (see rules)
Mail logs to: (none)
Find rules at:
http://www.qrpfcohunt.org/winter_rules.htm

NCCC Sprint Ladder
02:30 - 03:00 UTC 14 January
Mode: CW
Bands: 160, 80, 40 and 20 m
Classes: Single Op
Max power: 100 watts
Exchange: (see rules)
Work stations: Once per band
QSO Points: NA station: 1 point per QSO; non-NA station: 1 point per QSO with an NA station
Multipliers: Each US state (including KL7 and KH6) once per band; Each VE province once per band; Each North American country (except W/VE) once per band
Score Calculation: Total score = total QSO points x total mults
Submit logs by: 16 January 2011
E-mail logs to: (none)
Post log summary at:
<http://www.hornucopia.com/3830score/>

Mail logs to: (none)
Find rules at:
<http://www.nccsprint.com/rules.html>

LZ Open Contest
00:00 - 04:00 UTC 15 January
Mode: CW
Bands: 80 and 40 m
Classes: Single Op; Multi-Op; QRP
Max power: QRP: 5 W
Exchange: 3-Digit serial no and 3-Digit serial no received from the last QSO
Work stations: Once each 30 minutes
QSO Points: 1 point per QSO
Multipliers: (none)
Score Calculation: Total score = total QSO points
Submit logs by: 25 January 2011
E-mail logs to: LZ1GL[at]yahoo[dot]com
Mail logs to: (none)
Find rules at:
<http://www.lzopen.com/lz-open-contest/rules/rulesF.htm>

Hungarian DX Contest
12:00 UTC 15 January to 11:59 UTC 16 January
Mode: CW, SSB
Bands: 160, 80, 40, 20, 15 and 10 m
Classes: Single Op All Band – CW or SSB – Low or High; Single Op All Band Mixed – QRP, Low or High; Single Op Single Band – Mixed, CW or SSB – Low or High; Multi-Single – Low or High; Multi-Multi; SWL
Max power: HP: 1 500 watts; LP: 100 watts; QRP: 10 watts
Exchange: HA: RS(T) and 2-letter county; non-HA: RS(T) and serial no
Work stations: Once per band per mode
QSO Points: 1 point per QSO with same country; 1 point per QSO with different country, same continent; 3 points per QSO with different continent; 6 points per QSO with HA station
Multipliers: Hungarian counties, once per band
Score Calculation: Total score = total QSO points x total mults
Submit logs by: 15 February 2011
E-mail logs to:
hadx[at]mrasz[dot]axelero[dot]net
Mail logs to: MRASZ, 1400 Budapest, PO Box 11, Hungary
Find rules at:



http://www.hadxdx.com/HADX/html/rules_en.html

UK DX RTTY Contest

12:00 UTC 15 January to 12:00 UTC 16 January

Mode: RTTY

Bands: 80, 40, 20, 15 and 10 m

Classes: Single Op – Low or High; Multi-Single

Max power: HP: >100 watts; LP: 100 watts

Exchange: UK: RST and UK area code; non-UK: RST and QSO no

Work stations: Once per band

QSO Points: 1 point per QSO with same country; 2 points per QSO with different country same continent; 3 points per QSO with different continent; 5 points per QSO with UK (non-UK stations only)

Multipliers: Each DXCC country once per band; Each UK area once per band

Score Calculation: Total score = total QSO points x total mults

Submit logs by: 15 February 2011

E-mail logs to: ukdxc[at]scotham[dot]net

Mail logs to: UK DX RTTY Contest Committee, PO Box 7469, Glasgow, G42 0YD, Scotland UK

Find rules at:

<http://www.ukdxc.sars.org/ukdxc.pdf>

Feld Hell Sprint

16:00 - 18:00 UTC 15 January

Mode: Feld Hell

Bands: 160, 80, 40, 20, 15 and 10 m

Classes: (none)

Max power: Standard: 100 watts; QRP: 5 watts

Exchange: (see rules)

Work stations: Once per band

QSO Points: (see rules)

Bonus Points: (see rules)

Multipliers: Each state, province and country once only

Score Calculation: Total score = (total QSO points x total mults) and bonus points

Submit logs by: 1 February 2011

E-mail logs to: (none)

Post log summary at:

http://www.emailmeform.com/fid.php?form_id=202397

Mail logs to: (none)

Find rules at:

<http://sites.google.com/site/feldhellclub/Home/contests>

North American SSB QSO Party

18:00 UTC 15 January to 06:00 UTC 16

January

Mode: SSB

Bands: 160, 80, 40, 20, 15 and 10 m

Classes: Single Op – QRP or Low; Multi-Two - Low

Max operating hours: Single Op: 10 hours; Multi-Two: 12 hours

Max power: LP: 100 watts; QRP: 5 watts

Exchange: NA: Name and state, province or country; non-NA: Name

Work stations: Once per band

QSO Points: NA station: 1 point per QSO; non-NA station: 1 point per QSO with an NA station

Multipliers: Each US state (including KH6/KL7) once per band; Each VE province/territory once per band; Each North American country (except W/VE) once per band

Score Calculation: Total score = total QSO points x total mults

Submit logs by: 29 January 2011

E-mail logs to: (none)

Upload log at:

<http://www.ncjweb.com/naqlogsubmit.php>

Mail logs to: Bruce Horn, WA7BNM, 4225 Farmdale Avenue, Studio City, CA 91604, USA

Find rules at:

<http://www.ncjweb.com/naqprules.php>

Run for the Bacon QRP Contest

02:00 - 04:00 UTC 17 January

Mode: CW

Bands: 160, 80, 40, 20, 15 and 10 m

Classes: Single Band; All Band

Max power: 5 watts

Exchange: RST, state, province or country and Member no or power

Work stations: Once per band

QSO Points: 1 point per QSO with non-member; 3 points per QSO with member on same continent; 5 points per QSO with member on different continent

Multipliers: Each state, province or country once

Multiply mults by 2 if >50 members worked

Score Calculation: Total score = total QSO points x total mults

Submit logs by: 23 January 2011

E-mail logs to: (none)



Upload log at:

<http://www.fpqrp.com/autolog.php><http://www.fpqrp.com/fpqrprun.php>

Mail logs to: (none)

Find rules at:

Next Week's Contests

QRP Fox Hunt, 02:00 – 03:30 UTC 19 January

NAQCC Straight Key/Bug Sprint, 01:30 – 03:30 UTC 20 January

RSGB 80 m Club Championship, Data, 20:00 – 21:30 UTC 20 January

QRP Fox Hunt, 02:00 – 03:30 UTC 21 January

NCCC Sprint Ladder, 02:30 – 03:00 UTC 21 January

YL-ISSB QSO Party, SSB, 00:00 UTC 22 January to 23:59 UTC 23 January

BARTG RTTY Sprint, 12:00 UTC 22 January to 12:00 UTC 23 January

History This Week

A look back at events that made history this week - compiled by the Summerland Amateur Radio Club of Lismore, NSW and Dennis, ZS4BS. The week starting Monday 10 January 2011.

1787 - William Herschel discovers Titania and Oberon, moons of the planet Uranus

1788 - First Fleet sights Van Diemen's Land – now called Tasmania

1861 - Steam elevator patented by Elisha Otis

1873 - "Celluloid" registered as a trademark

1889 - Cloncurry, Queensland records Australia's highest recorded temperature of 53,1 °C or 128 °F

1900 – Field Marshalls Lord Roberts and Lord Kitchener arrive in Cape Town for service in the Anglo-Boer War (10 Jan)

1906 - Fessenden transmits CW and voice between the USA and Scotland

1910 - First live radio broadcast from the Metropolitan Opera, New York

1912 - Curtis makes the first flying boat flight at Hammondsport, New York

1943 – The SS Meliskerk, a German cargo ship loaded with weapons and ammunition runs aground near Port St Johns, Eastern Cape, and then explodes (10 Jan)

1946 - First EME moonbounce signal by a radio amateur - N4CBC on 112 MHz using 3 000 W

Items used with acknowledgement to The ARRL Letter, Amateur Radio Newsline, OPDX Bulletin, 425 DX Bulletin, DXNL Bulletin, ARRL DX News, WIA-News, the RSGB News, Southgate ARC and Pete's DX Newsdesk.

Newsletter editors are most welcome to use material from HF Happenings, just remember to acknowledge the source (which could be any one of the names mentioned above). HF Happenings can be provided in MS Word format.